



Vol. 51 No. 15

April 29, 2005

Aviano Air Base, Italy

Fly Bys

Safety day

Monday is a safety day for the 31st Fighter Wing. Airmen are required to attend one of three safety sessions in Hangar One, as well as visiting squadron- and group-level safety workshops. The session times are as followed:

- 8 to 9 a.m. - 31st Operations Group and 31st Maintenance Group
- 11 a.m. to noon - 31st Mission Support Group and 31st Medical Group
- 4 p.m. to 5 p.m. - all others

Primavera Bazaar

Volunteers are needed for the annual Primavera Bazaar May 13 to 15. Positions are primarily to work with vendors and recording sales. The Primavera Bazaar is a major fundraising event, normally raising about \$100,000 for the community. To sign up, call Master Sgt. Shelley Broers at Ext. 7551.

Base yard sale

The Aviano Thrift Shop sponsors a base yard sale Saturday 8 a.m. to noon at the Aviano High School's multi-purpose room.

Aviano Airman performs in USAFE Idol

Ramstein pilot wins talent competition

By Capt. Alisen Iversen
U.S. Air Forces
in Europe News Service

Nearly 900 people from across the command attended the U.S. Air Forces in Europe first ever USAFE Idol Talent Show held at Ramstein Air Base, Germany, Saturday.

During a standing room-only competition, Maj. Lawrence Speer, C-20 pilot with the 76th Airlift Squadron at Ramstein AB, was named the USAFE Idol.

The overwhelming theme of the competition: USAFE has a lot of musical talent.

"The talent level is phenomenal," said Mandy Smith-Nethercott, USAFE Services chief of marketing and entertainment. "There really is so much incredible talent in our Airmen."

Eight contestants, each a finalist from their respective base-level competition, participated in workshops with the USAFE Band, Touch 'n



Master Sgt. John E. Lasky

Senior Airman Rhonda Smiley from the 603rd Air Control Squadron here sings a song during the USAFE Idol competition Saturday at Ramstein Air Base, Germany. Airman Smiley was one of eight finalists to perform at the event.

Go, April 20 - 22 to perfect their songs and stage presence before competing on the "big" night.

"We came in (to Ramstein Air Base) for three days of workshops which was a great experience," said Tech. Sgt. James Mull, an air traffic controller from Incirlik Air Base, Turkey. "We worked on a lot of things, like how to make a

song your own."

For the event, the finalists each sang two songs. Each performer was judged by a panel of four judges on their vocals, stage performance and whether the song difficulty was appropriate for their talent ability.

Songs covered a wide range

See IDOL, Page 4

History and heritage: People can learn about the U.S. Air Force's past by visiting Air Force Link's history section at www.af.mil/history.



Retirement money

People who contribute to thrift savings accounts tend to shy away from riskier investment options, missing out on opportunities to earn more.

Page 4



Survivor

It took just one split-second for a drunk driver to kill five passengers, yet one Airman - the sole survivor in her vehicle - is still feeling the effects of the incident.

Page 8



Family fair

Aviano celebrated military families with a fair at the base Saturday. Between face painting and climbing aboard an F-16, there was lots to do and see.

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U.S. Air Force

Chief's Sight Picture

Officer Force Development: International Affairs Specialists

We are an expeditionary Air Force. To continue our success far from home, we must deliberately develop a cadre of Air Force professionals with international insight, foreign language proficiency, and cultural understanding – Airmen who have the right skill sets to understand the specific regional context in which air and space power may be applied.

In the past, we used the Foreign Area Officer program to identify officers who possessed the cultural and linguistic skills necessary for our expeditionary operations.

However, we only identified those who had acquired such skills on their own. We did not deliberately select or train officers to develop the regional skills the Air Force needs.

Furthermore, few FAOs were actually assigned to international duties and there was a perception that doing so would harm an officer's career. We did not actively develop this important capability or create a career path.

Today's security environment demands officers with international skills. The FAO program is no longer sufficient to meet our requirement, so we are replacing it with a program that selects, develops, and deliberately employs officers as International Affairs Specialists.

Beginning this summer/fall, our functional Development Teams and IAS functional managers will identify mid-career line officers with potential to excel as IASs and select them for development.

They will attend comprehensive Developmental Education programs aimed at developing a strong foundation in international affairs, while remaining fully proficient and competitive in their primary AFSCs. They will be chosen for one of two

tracks:

- Regional Affairs Strategists will earn a regionally-oriented graduate degree followed by basic and advanced language training (three years total). They will then alternate assignments between their primary AFSC and RAS duty.

- Political-Military Affairs Strategists will earn an international affairs-related degree (one year only). They will develop broader, less-specialized skills that will be used in career broadening assignments; the goal of this part of the program is to develop officers in line specialties with an advanced awareness of the international context in which we will apply air and space power.

The IAS program will be important to all Airmen, not only those selected for this training.

All of you are part of an expeditionary Air Force, and will benefit from the expertise brought by IASs to AEF deployments and overseas assignments.

Over the next few months, the Assignment Teams, led by the guidance provided by the Development Teams, will be able to provide officers with the details on how their specific AFSC will manage IAS selection, senior rater involvement, as well as how to volunteer.

This is a Force Development culture change that will develop a global cadre for international affairs. The goal is clear – develop professional Airmen with international insight, foreign language proficiency, and cultural understanding.

This is a crucial force multiplier that will significantly increase the effectiveness of air and space power.



Gen. John P. Jumper is Chief of Staff of the U.S. Air Force, Washington, D.C. As Chief of Staff, he serves as the senior uniformed Air Force officer responsible for the organization, training and equipment of more than 700,000 active-duty, Guard, Reserve and civilian forces serving in the United States and overseas. As a member of the Joint Chiefs of Staff, the general and other service chiefs function as military advisors to the Secretary of Defense, National Security Council and the President. General Jumper was born in


AIR FORCE
Air & Space Power

Air Force Air and Space Power

'Lifecycle Funds' aim to maximize retirement savings

By Gerry J. Gilmore
American Forces Press Service

Recent surveys show most people contributing to Department of Defense-sponsored thrift savings accounts shun riskier investment options and are not getting maximum returns to build bigger retirement nest eggs, a DOD thrift savings plan specialist said in Washington D.C., April 20.

"The vast majority of participants do not fully take advantage of the Thrift Savings Plan," said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

The Thrift Savings Plan is a 401k-type program designed to provide tax-deferred retirement nest eggs for servicemembers and civilian employees, Colonel Fenton said. TSP managers have noticed that "very few" participants transfer money out of more stable investment programs into riskier options, she said.

Some participants might be leery of riskier TSP investment options because they have little or no stock market savvy, Colonel Fenton said. However, the new Lifecycle Funds program option slated for implementation in July will allow TSP par-



Stock photo

People who contribute money for retirement through thrift savings accounts tend to shun riskier investment options.

ticipants to have experienced money managers make investment decisions for them according to 10-year plans.

The Lifecycle Fund program "is based on asset allocation within the fund, based on how long you are going to have that money in the fund until you retire," Colonel Fenton said.

About \$60 billion of the total \$140 billion invested in TSP accounts is currently concentrated in the less-risky Government Security Investment. The G fund, consisting of treasury bonds and other federal-backed investments, is considered among the most stable of the five TSP investment choices.

About \$61 billion of TSP contributions are now placed in the Common Stock Index Investment. Yet riskier options offered by the Fixed Income Index Investment, the Small Capitalization Stock Index Investment, and the International Stock Index Investment contain far fewer dollars, Colonel Fenton said.

Through use of the Lifestyle Fund program, "the money is allocated for you amongst the five funds without you having to do anything," she said. "The system is automatic and changes as your time in the military (or government) continues."

After the current TSP open-season investment choice system ends July 1, participants will be able to change their investment options at any time, Colonel Fenton said.

Although the program does not guarantee participants will make money on every investment, Colonel Fenton said riskier investment options usually produce higher returns over the long term.

"To really leverage your contributions and make the most of the thrift savings plan," people need to move their money out of more conservative investment options and allocate it among the various funds that indicate potentially higher yields over time, she said.

May 2, 1977 - First Lt. Christine E. Schott became the first woman undergraduate pilot training student to solo in the T-38 Talon.



Master Sgt. John E. Lasky

C-20 pilot Maj. Lawrence Speer from Ramstein Air Base, Germany wows the crowd while performing Neil Diamond's "America" during the USAFE Idol Talent Show at Ramstein AB Saturday. Major Speer won the event.

IDOL, From Page 1

of genres, including pop, rock, gospel and Broadway show tunes.

"We really enjoyed being on stage, regardless of the decision from the judges," said finalist Senior Airman Elsie Lengyon, a personnelist assigned to Lajes Field, Azores.

"Being on stage is a rush and a lot of fun," she said. "But once (I get) on stage all the butterflies go away and then I'm able to convey my story. I like entertaining people; sharing my gift."

All of the finalists had a lot of respect for each others' talent.

"I had no expectations (of winning) because of all the amazingly talented vocalists," said Major Speer after winning the competition. "It was an amazing experience; everyone was great!"

The crowd enjoyed the performances, too; holding up signs, cheering and applauding loudly.

"These guys could rival any one of the contestants on American Idol," said Capt. Karen Bailey, 1st Combat Communications Squadron, who attended the event. "They could stomp them!" she added.

"These guys could rival any one of the contestants on American Idol. They could stomp them!"

- Capt. Karen Bailey
1st Combat Communications Squadron
and USAFE Idol audience members

Overall, the series of competitions and the final show were a tremendous success and plans are in the works for it to be a yearly event, said Ms. Smith-Nethercott.

"I'm sure it will grow in future years," she said. "With the success we've had, how could we not do it again?"

The winners are:

First place: Maj. Lawrence Speer, Ramstein AB, Germany

Second place: Senior Airman Elsie Lengyon, Lajes Field, Azores

Third place: Tech. Sgt. James Mull, Incirlik AB, Turkey

Honorable mention: Master Sgt. Tony Anthony, Naval Air Station Keflavik, Iceland.

RESCON CORNER

DUIs

Week	1
28 days	1

Rescon Alpha

Sortie Board

	Hours	Sorties
31st FW		
<i>Goal</i>	1136.9	773
<i>Ahead or Behind</i>	-259.1	-162
510th FS		
<i>Goal</i>	594.0	431
<i>Ahead or Behind</i>	-172.6	-148
555th FS		
<i>Goal</i>	542.9	342
<i>Ahead or Behind</i>	-86.5	-14



1st Lt. Nicole Dubnicay

More security

An Italian contract security guard checks the identification of a woman entering a local area Thursday. Airmen living in built-to-lease and GRHP housing areas will soon see more of these security personnel because of a change in the contract negotiated by the 31st Contracting Squadron.

"The modification to the contract will ensure the guards spend time walking around in the housing areas to provide a far more visible presence than previously existed," said Col. Scott Chambers, 31st Mission Support Group Commander.

Despite the additional patrols, the best deterrent to crime remains the vigilance of Aviano family members and the Eagle Eyes program. Call the Law Enforcement Desk at 0434-30-7211 or Ext 7113.

Alcoholics Anonymous meets 6 p.m. Tuesdays and Fridays in Area One Bldg. 168 behind the CDC. For more information, call Ext. 5321.

Commentary: Are you ready for the NSI?

By Lt. Col. Richard LeBlanc
31st Fighter Wing Inspections

The wing has been preparing over the past months, and the Surety Inspection is just around the corner. The 31st Fighter Wing will soon be put to the real test - this is what all our preparations have been for.

But why is the surety mission so important to the U.S. Air Force and the Department of Defense? We are entrusted with one of our nation's most critical responsibilities: ensuring surety mission readiness that meets the most exacting standards.

While other missions may permit ingenuity and call for creativity, there are few areas in surety, if any, that allow interpretation or deviation from established guidelines; it is a precise business. Our compliance with these stringent standards is not always easy, but is absolutely necessary.

In the words of Col. Judy Fedder, a previous logistics group commander, "Consider the gravity of the mission. The U.S. is responsible to its NATO partners—as well as our own citizens—for absolute reliability of the mission. There is no room for mistakes, no margin for error. Our performance must be right the first time, every time, if we are to meet our surety obligations. As a result,

our senior leaders place a tremendous trust in any unit assigned this mission—trust that we recognize the serious nature of the task and can meet these strict requirements. The inspection is another opportunity to demonstrate to our military and civilian leaders that our wing is ready."

As we continue to support our day-to-day mission and prepare for deployments, we have to stay focused on the surety mission: verify that documentation can stand the closest scrutiny, and most importantly, know what we can do individually to show the inspection team we are experts in this business. Col Fedder detailed four suggestions that apply to everyone regardless of where they work in the Wing:

- Be aware of the dates of the inspection—16-24 May
- Know what your role is in the surety mission—and we all have a role, no matter how indirect
- Be confident you know your job to the letter of the law—and follow it
- Demonstrate your professionalism and job knowledge to the IG in whatever way you can—from military courtesy to job expertise
- Contribute to the sustained reputation of the 31st FW as a world-class combat ready organization—be prepared for May 16.

Airman remembers day she survived crash

Drunk driver kills five passengers

By Senior Airman Anna Fitzhorn

18th Wing Public Affairs, Kadena Air Base, Japan

In the blink of an eye, lives were lost, children became motherless and fatherless, and others were forever scarred when a drunk driver ended five people's lives and critically injured another in a head-on collision eight years ago.

Five Airmen and another Airman's spouse were returning from a noncommissioned officer academy graduation banquet at Ramstein Air Base, Germany, July 11, 1997. Just after midnight and only five minutes from home, their vehicle was hit head-on by a drunk driver who had fallen asleep at the wheel in an 18-wheeler.

Tech. Sgt. Terry Jennings, Staff Sgt. Kevin Sullivan and Senior Airman Angela Fralick, all from the 52nd Civil Engineer Squadron readiness flight, were killed almost instantly in the crash.

Hiroko Jackson, a mother of two, who had gone along to watch her husband, Tech. Sgt. Jeffrey Jackson, graduate, was also killed.

The driver of the truck was found to have far exceeded the legal blood-alcohol level limit and sustained only a broken leg in the crash. The driver received two years in prison for the deaths.

As the only survivor, Master Sgt. Theresa Hall, now first sergeant for the 18th Maintenance Operations Squadron at Kadena Air Base, Japan, said she still remembers the tragic day as if it were yesterday.

"I was sitting in the backseat of the vehicle behind the front passenger. Everyone was asleep except for me and Terry, who was driving," she said. "Terry and I saw the truck headed right for us, and in an instant, it was all over. I never lost consciousness during the incident," she said. "After the crash, I couldn't move, but I knew that everyone else in the car was dead."

Sergeant Hall sustained a broken arm, finger, collarbone, broken femurs as well as several ribs in the accident. She had internal lacerations to her kidney, intestines and spleen, spent more than nine hours in surgery and had to be put on a ventilator.

After more than a month and a half in intensive care, and another two months in the hospital, she was moved to Wilford Hall Medical Center at Lackland Air Force Base, Texas. She spent more than a year recuperating with extensive therapy.

"It was very painful," she said. "I had to relearn how to walk, and it took me more than a year to fully recover."

Physical trauma was not the only obstacle Sergeant Hall faced. She said she struggled with feelings of guilt that she had lived while the others had not.

"It took me more than two years to come out of my shell," she said. "I couldn't drive or even be in a car without being scared to death."

"It was a very difficult time for my entire family," she said. "However, our faith got us through it."

She had a 3-month-old daughter at the time of the accident. Since Sergeant Hall had to be away from home for so long in the hospital, she



Courtesy photos



Just hours after the photo above was taken, all but then-Staff Sgt. Theresa Hall, center, were killed when a drunk driver collided with their vehicle, left, in 1997.

said her daughter did not know her.

"When you have a child who you love so dearly who thinks of you as a stranger – it hurts," Sergeant Hall said.

Although Sergeant Hall and the other victims were the only people directly involved in the accident, they were not the only ones affected by the tragedy. Families and friends of the victims, as well as the squadron and base community, were all affected, and more than 1,200 people attended their memorial service.

Eight years after the accident, sitting on Sergeant Hall's desk is a photo taken the day of the crash of all the victims together. Next to it is a photo of the wreckage.

"That's how I get my story across," she said. "When Airmen come in my office and see this picture, it gives me a chance to tell my story."

Although April has been chosen as Alcohol Awareness Month, Sergeant Hall said Airmen should treat every month as if it were the same.

"If you drink, don't drive," Sergeant Hall said.

"Please hand over your keys to someone, call a cab or a friend, because drinking and driving is like playing Russian roulette with your life and the lives of others – here one minute – gone the next."

"I should know," she said.

No lighters - Nobody, including servicemembers, is permitted to bring lighters onto aircraft, according to a new federal law effective April 14.

Things not to do on-line while on the Air Force Portal

Recent inappropriate comments made by some Airmen in the Air Force Portal chat rooms led officials to clarify responsible communication over the service.

Specific prohibitions include:

- Activity that causes system degradation
- Inappropriate or offensive material
- Illegal activities
- Sexually explicit or sexually-oriented material
- Business, fundraising, lobbying or political activities
- Abuse of intellectual property rights

Instant messaging on the Air Force Portal is no different than having a conversation on- or off-base, whether in uniform or not, said officials.

Officials referred to Air Force Instruction 33-129, Web Management and Internet Use (which covers the use of Internet resources by government employees) and AFI 36-2706 (which describes the limits of professional communication). The service is limited to official and authorized appropriate use and cannot contain classified information or operational security information. (Air Force News Service)

Memorial Day ceremony

The American Legion is sponsoring a Memorial Day ceremony at the American Cemetery south of Florence at 11 a.m. Thursday. For more information on the cemetery, log on to <http://www.abmc.gov/fl.htm>.

Volunteers needed

People are needed to paint the interior of an Italian preschool in Porcia, May 7. Some light yard work may also be needed. Call the Aviano Family Support Center at Ext. 5407 to sign up.

Pre-deployment legal help

The Legal Office offers a special will and power-of-attorney service for deploying wing members from 9 a.m. to 4 p.m. Saturday. Call Ext. 7843 for an appointment.

Legal closure

The Legal Office closes for training Monday. In case of an emergency, contact the Command Post at Ext. 7673.

La Leche League

The La Leche League of

Aviano meets at 10 a.m. May 9 in the Chapel Education Center, Bldg 168. The group welcomes pregnant and breastfeeding mothers for a pot luck luncheon and informal discussion to discuss breastfeeding and nutrition. For more information, call 0434-75-5606 or 348-242-5373 or e-mail LLLAviano@yahoo.com.

Grab and Go closure

The Commissary Grab and Go will close May 14. The Grab Go opens at 6 a.m. every morning until the commissary opens and re-opens when the commissary closes until midnight. For more information, call Ext. 7656.

Physician liaison opening

The 31st Contracting Squadron has an opening for a 31st Medical Group physical services liaison which provides liaison services for government beneficiaries. Applicants who meet the qualification criteria may pick up the solicitation package at the contracting office in the Aviano Industrial Area. For more information, call Ms. Ornella Bresil at Ext.

7338 or e-mail at ornella.bresil@aviano.af.mil.

PTSA openings

The Aviano Middle School Parent Teacher Student Association has several executive board positions open for the next school year. If interested for running for president, vice-president, secretary or treasurer, send a short biography, the reason why you would like to be on the board and your DEROS date to margaret.carder@eu.dodea.edu by May 10.

Cinco de Mayo

The Aviano Hispanic Heritage Committee Cinco de Mayo celebration starts at 6 p.m. May 6 in the La Bella Vista Club. Admission is \$15.88. For more information, call Adriana Obregon at 347-696-5749 or Sonora Vasquez at 338-915-7489.

FTAC leader needed

The Aviano First Term Airmen's Center seeks a staff sergeant or senior airman, who has graduated Airman Leadership School, to be a team leader for 120 days. For more information, call Ext. 5402.

Girl Scout position

Aviano Girl Scouts are currently taking applications for a volunteer position. The Overseas Committee Chair is an annually-appointed position whose function is to promote the goals of the Aviano Girl Scout community. The position is overseen by the USA Girl Scouts Overseas. Duties include: volunteer personnel management, public relations with the Aviano community, leadership and promotion of Girl Scout programs and goals. For more information, e-mail Jessica Zika at avainotroop17@yahoo.com.

Cooking class

The Aviano Community Center offers L'Italia nel Piatto cooking classes. Learn how to make homemade pizza Saturday, or bruschetta, potato gnocchi with sauce and lemon custard cream May 7. Call Ext. 5479 for more information.

Job opportunities

People who are retiring in the pay-grades of O-5, O-6, E-8 or E-9 can work for Air Force Junior ROTC as it expands from 746 to 945 units by 2007. That means 398 instructor positions will be available that year, as well as the annual turnover of 50 to 75 instructors. About 728 units are located stateside, and 18 units overseas. For more information, call Tom Snyder at the Aviano Family Support Center at Ext. 5656.

Post office news

Aviano Post Office customers are prohibited from sending or receiving items through the military postal system to advertise home businesses, to sell merchandise, to conduct business or for commercial purposes. Also, the use of postage-free mail service to transport personal property in connection with a PCS or TDY is prohibited, with the exception of uniforms and personal gear required to perform official duties at the next duty station. For more information regarding the post office, its services or other postal restrictions, call the postmaster, Master Sgt. Dale McLeod, at Ext. 7816.

Combined briefing

The next Palace Front/Palace Chase briefing takes place 2 p.m. May 9 in the 31st Mission Support Group conference room in Flightline Bldg. 1403. As an outprocessing requirement, the Palace Front briefing is mandatory for all reenlistment-eligible Airmen who are electing to separate from the Air Force. Airmen interested in early separation through Palace Chase can also attend. For more information about the briefings, call Master Sgt. Janet Boyles at Ext. 4919.

Substitute teachers

Aviano Elementary School has openings for substitute teachers certified in elementary education, speech therapy and nursing. For more information, or to apply for a position, call the school at Ext. 5677.

Reel Times

Today, 5 p.m. - "Robots" Rated PG - A young robot wiz builds robots that he hopes will make the world a better place. Starring: Ewan McGregor and Halle Berry

Today, 8 p.m. - "Hitch" Rated PG-13 - A "date doctor" claims to be able to make perfect romantic matches in three dates or less. Starring Will Smith and Eva Mendes

Saturday, 2 p.m. - "Because of Winn-Dixie" Rated PG - A 10-year-old girl adopts a goofy stray dog. She names it after the local supermarket where she finds him, and rekindles an almost lost relationship with her father. Starring Jeff Daniels and Cicely Tyson

Saturday, 7 p.m. - "Robots"

Sunday, 2 p.m. - "Robots"

Sunday, 7 p.m. - "Constantine" Rated R - Renegade occultist teams up with a skeptical policewoman on an investigation through the world of demons and angels. Starring: Keanu Reeves and Rachel Weisz

Wednesday, 7 p.m. - "Robots"

Thursday, 7 p.m. - "Hitch"

Friday, 5 p.m. - "The Pacifier" Rated PG - An undercover agent looks after five out-of-control kids. Starring: Vin Diesel and Brad Garrett

Friday, 8 p.m. - "The Ring Two" Rated PG-13 - Rachel Keller, and her son, Aidan, move to escape their memories of what happened. However, a strange videotape reappears and Samara returns. Starring: Naomi Watts and Simon Baker (Titles and times are courtesy of www.aafes.com, and are subject to change.)



Ke-Arra Spann, a seventh grader at Aviano Middle School, paints a child's face at the seventh annual Aviano Family Fair here Saturday. Children can also play games, watch sports, or make various arts and crafts at the event.



Children perform Kuk Sool Won movements during the fair. The performance showcased the techniques the students have learned since joining the local martial arts organization.





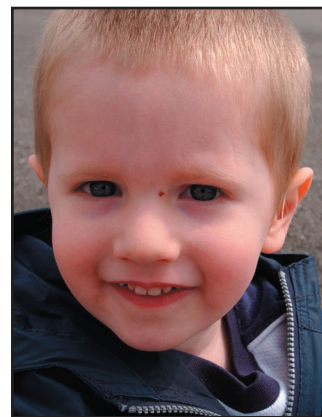
aturday. Children could also suit up



Left: Staff Sgt. Carinae Samsel (far left) and a military working dog apprehend a "suspect" during a performance at the fair. The 31st Security Forces Squadron had a booth where children could make identification cards and have their fingers printed for family records.

Aviano's Seventh Annual Family Fair

Though the weather was gray and overcast, the excitement and activity in Hangar One brightened up the atmosphere at Aviano Air Base Saturday. The seventh annual Family Fair drew a large crowd of Airmen and families. Various organizations set up booths and displays, showcasing the many creative and informative ways they help the community, while static displays gave people the opportunity to get up close and personal to an F-16, fire truck, an Office of Special Investigations hard car and more.



Above: Caleb Adamowicz smiles for the camera at Saturday's Family Fair.



Left: Senior Airman Charles Prowell and Airman 1st Class Amy Snyder of the 31st Dental Squadron work together, developing hand molds made by Family Fair participants. The 31st DS typically makes mold casts for teeth, crowns, bridges and retainers, but allowed families to make keepsakes at the fair.

*Photos by
Airman 1st Class
Scherrie Gates,
Base
Multimedia
Center*

Fly Bys

Tourist passport

Tourist passports are recommended for ease of travel throughout Europe and surrounding countries. Passports may be obtained at the Aviano Military Personnel Flight.

Travel Web site

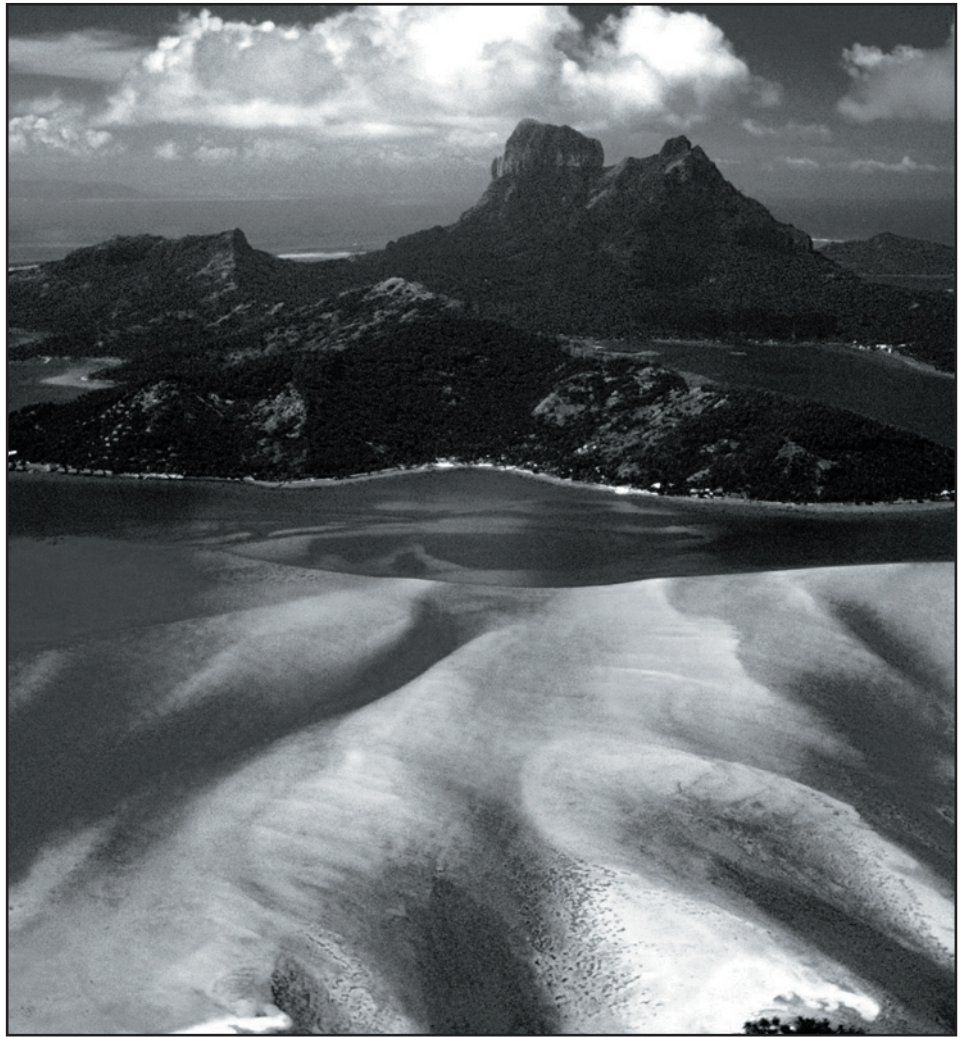
Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe. Maintained by the U.S. Department of State, the Web site offers a list of places suspected of anti-American activity, as well as other information for travelers. Call the 31st Fighter Wing Manpower Office at Ext. 7308 with questions about the site or other antiterrorism force protection measures.

Experience Europe

The Information Tickets and Travel office offers group and customized tour packages for one day trips, express travel, overnight and morale tours, sight-seeing and shopping trips. The office can arrange travel and reservations for squadron and private tours as well as daily and weekly tours. For more information, call Ext. 5072.

AF online travel

The Air Force now offers support to customers with the information they need to plan their leisure-time activities and assists them in locating the lowest possible military pricing in entertainment ticket venues and travel arrangements. For more information, log onto www.aftravelonline.com/



Courtesy photo

Name this vacation location

This week's vacation location's name sounds like you're saying it twice, and it's more than 7 million years old. This area is made up of a 10-kilometer long island and surrounding islands on the barrier reef. It played a significant part during Operation Bobcat in late January, 1942, after the bombing of Pearl Harbor. A supply force of nine ships and nearly 5,000 men transformed the island into a U.S. stronghold because its strategic location in the Pacific. Be the sixth person to name the city and country where this location is located, and win a prize. Send answers to vigileer@aviano.af.mil. Congrats to Master Sgt. Alec Shepherd, 31st Logistics Readiness Squadron, for answering last week's question with Dubrovnik, Croatia.

Memorial Day Weekend: Visit Naples and the Amalfi Coast during this ITT-coordinated four-day trip. Call Ext. 5072 for details.



Courtesy photo
Avignon,
spectacu-

Rhone
France is one of the

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- April 30 - Guided Venice and Palazzo Ducale
- April 30 - Guided Florence
- April 30 - AquaSplash Water Park
- April 30 - Pisa and Vinci museums
- May 7 - Croatia by boat
- May 7 - Salzburg and the sound of music tour
- May 14 and 15 - Wine tasting in

Tuscany at Montalcino, Pienza. Price is between 198 Euro and 218 Euro. People can make a 50 percent deposit to reserve a seat.

- May 27 to 30 - Naples and the Amalfi Coast for Memorial Day weekend. Four days and three nights touring Naples, Sorrento, Pompei and the coastline.

For more information about ITT tours, call Ext. 5072 or 5026.

'PT' sessions still mandatory for Airmen on medical profile

By 2nd Lt. Ashley Conner

22nd Air Refueling Wing Public Affairs

Many Airmen believe being on profile is an escape route from participating in unit physical training, but officials said it is not.

"Just because a (person) has a profile that says 'no running, jumping, crunches, push-ups, and no cycle ergo' does not mean that the (Airman) cannot go to the fitness center and participate in unit fitness," said Lt. Col. Kathleen Ankers, 22nd Medical Group's medical staff chief from McConnell Air Force Base, Kan.

There are only a few reasons an Airmen can be exempt from unit fitness, which include being hospitalized, being closely medically supervised during convalescence from a very serious illness and being on medically prescribed bed rest, officials said.

Though a person may not be able to participate fully in all the unit's specific exercises, he or she will need to participate in an individual exercise program.

Health and wellness center officials can tailor individual exercise routines to meet the person's needs and limitations.

"We conduct a one-on-one interview with (Airmen) to determine (their) limitations unique to them, such as high blood pressure, pregnancy or injuries," said Bart Patterson, a health technician at the McConnell Air Force Base center.

In most cases, the person's limitations are what prevent him or her from participating in the unit's program, officials said.

Once the limitations are assessed, they list their goals, such as to lose weight or increase muscle mass, and describe what type of workout they want.

"We conduct a one-on-one interview with (Airmen) to determine (their) limitations unique to them, such as high blood pressure, pregnancy or injuries."

- Bart Patterson,
Health technician

"They tell us how often they want to work out and what equipment they want to use. If their ideal workout isn't effective, we tailor it. It is a very individualized process," Mr. Patterson said.

Airmen may not be able to run or complete the push-up portions of the fitness test, but if they are able to have their abdominal circumference measured, they can be fitness tested, since a score can be calculated on the basis of just one measure, officials said.

A primary care provider can recommend exception from abdominal circumference testing only after an abdominal surgery or up to 180 days after pregnancy, according to Air Force Instruction 10-248, Fitness Program.

Airmen who violate a profile can have administrative action taken by their commander. This could possibly have negative repercussions if they meet a medical board and it is documented that they did not follow orders.

Fly Bys

Sports officials

The Aviano Sports Officials Association is looking for referees for the upcoming flag football and softball seasons. The association is also looking for softball scorekeepers. For more information, call Gregory Smith at Ext. 4978.

Batting cages

The Aviano batting cages have opened for the season. The Dragon Fitness Center is taking reservations for teams and individuals. For more information, call Ext. 5479.

Fitness classes

The Aviano Community Center offers fitness and power stretch classes for \$25 per person per month. Space is limited and the center has a waiting list for the available classes. For more information, call Ext. 5479.

AYP tournaments

The Aviano Youth Program in Area One hosts a basketball and volleyball tournament April 29. For more information, call Ext. 7575.

Aviano Golf

The Aviano Alpine Golf Course offers individual golf lessons as well as youth and adult instructional clinics. Participants may also take advantage of the merchandise special order program, equipment rental, club fittings and golf equipment lay-away program. For more information, call Ext. 7386.

Paragliding

Aviano Outdoor Recreation offers weekend paragliding, tandem rides and solo flights in the mountains of Italy. Participants must sign up the Wednesday prior to their weekend flight. For more information, call Ext. 8625.

Customized workouts

The 31st Services Squadron's Jennifer Kellner provides one-on-one training for \$20 an hour at the Dragon Fitness Center. Call 348-257-4346 to schedule an appointment.

Friday the 13th Fun Run/Walk: Meet at 11:15 a.m. at the Dragon Fitness Center. Call Ext. 7459.



Courtesy photo

Youthful fitness

Sarah MacClellan counts off the number of push-ups by Victoria Bishop at the Malmstrom Air Force Base, Mont., youth center. Air Force Space Command bases are incorporating the Air Force initiative, "Fitness in Time," in youth center activities.

Tony's story: — A brother's lesson in drug abuse

By Col. Robert Winston
86th Airlift Wing vice commander

It was Saturday morning, May 5, 1995, when the police told me my brother was dead.

They told me over the telephone and were very cavalier about it. But I understand why they were so callous. My brother had died of a heroin overdose, and they probably figured I was junkie, too.

I came from a normal Air Force family. My brother, Tony, and I grew up on Air Force bases and loved riding our bikes down to the flightline to see the planes. All of our friends were Air Force brats and most dreamed of one day becoming pilots.

But when my brother was 14, he went to a Grand Funk Railroad concert with some friends and smoked his first marijuana joint.

Most of his friends were smoking the stuff, and he just wanted to be part of the crowd. It was a decision that destroyed his life.

My parents told us about the dangers of drugs. The schools educated us all about how drug use could ruin your future. But he must have listened to his peers who said not to worry, he couldn't get addicted to pot.

Tony liked the pot and continued to smoke it and started experimenting with other ways to get high. Tony's grades in school started slipping. He began to become a discipline problem. The only thing he cared about was getting high. Drugs became the center of his life.

My parents tried everything they could to stop my brother. Family meetings, church counseling, professional counselors and boarding school couldn't pull Tony away from the drugs.

When he turned 18, he dropped out of school. About this time he started using heroin.

Tony married, had three children, abandoned his family, drifted, remarried, had another child, then abandoned them.

One doesn't have time for such trivial things when one is a junkie.

I have no idea how many other people's lives were ruined by the drugs my brother sold to help support his habit.

He stole thousands of dollars from my parents on two different occasions to buy drugs. I hate to think of what Tony must have done to support his heroin habit, but he was hooked and couldn't stop.

Despite all this, we loved my brother. He really was a nice guy. Tony knew he was destroying himself and hurting all those around him, and he was miserable.

We never stopped praying for him. My parents sent him twice to detoxification hospitals to kick the habit.

But he couldn't kick the habit. I really don't think it's possible to stop once you are hooked on heroin.

On the night my brother died, he drank a bottle of Sour Mash, took some depressant pills, then put the needle in with the venom that took him from us. He was found sitting on the toilet, cold. Not a very dignified end.

It all started with that first joint that ensured acceptance from the gang.

For the young readers, my message is just don't do it. What you may think is a harmless experiment will become the first nail in your coffin. Marijuana use is the first step.

Just say no.

Dump any friends who offer you drugs. You don't need to hang out with losers like that.

Parents need to watch their children. Who are their friends? Who are their heroes? What are the words of their favorite music saying? How is their behavior and school performance? Do whatever it takes to keep your children away from drugs.

To my fellow Air Force members, my message is that I will not tolerate any illegal use of drugs. I will do everything in my power to put drug users away, and take pleasure in doing so.



The Cornerstone

An indispensable and fundamental

The Cornerstone Page is devoted to those who support: junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info

We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send kudos to Vigileer@aviano.af.mil with the subject line "Kudos." Kudos can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

"What you may think is a harmless experiment will become the first nail in your coffin."